

HALC-Georgetown to host Wellness Fair on Friday

By Florence Riehl

Georgetown Active Living Centre

The foyer of the Hillview Active Living Centre echoed with the wonderful music of the St. Roch Catholic Secondary School choir. These students are from Grade 10 and have chosen music as their major. If you missed them on Nov. 13, you will have another opportunity to hear them on Friday, Nov. 20 at 10:30 a.m. as part of the Opening Ceremonies for our Wellness Fair.

The doors of the Centre swing open at 10 a.m. on Nov. 20 for our first-ever Wellness Fair celebrating November as Falls Prevention Month. All drop-in activities have been cancelled for that day. Lunch and snacks are being provided and all are invited to attend.

With the arrival of Santa Claus in Toronto on Sunday our thoughts are turning to Christmas. The Centre is busy preparing for our Annual Christmas Bazaar on Saturday, Nov. 28. Doors will open at 8 a.m.

You can be a part of this fundraiser by

donating new items for the Penny Table, jewelry for the Jewelry Table and squares for the Bake Table. The squares will be plated by the committee so that each plate will contain a variety of squares. All items should be dropped off at the Centre on Friday, Nov. 27 between 9 a.m. and 3 p.m.

This year we have added to the Bazaar with several new outside vendors and they will have a variety of items for sale. All proceeds for our Bazaar go to the Centre.

Crash! Bang! Boom! These are the sounds of work being done to get our new space ready. We realize it may be annoying at times but they are a part of the renovation construction. It will soon be completed.

Seating is limited for our Annual Christmas Turkey Dinner with all the trimmings catered by Bruce Cunningham. The cost for dinner is \$25/member or \$30 non-member. Tickets are selling well. Don't wait too long to get yours.

Travel: Just a reminder to drop in to sign up for the Sweet heart Divine Mystery Trip in February and, new, Spy School in March.

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DR. ANOOP
SAYAL

Q: Do you have any tips on how to tame my dental anxiety?

A: It's a well-known fact in this country that large numbers of people are afraid of going to their dentists. Some people are so afraid that they neglect even the routine examinations and professional cleanings.

It doesn't have to be that way. Here are some tips to help reduce your anxiety. First, see your dentist before treatment is needed. Get to know your dentist and get comfortable discussing your concerns with the dentist and staff. Set your appointments for a stress-free time of day, not on your lunch hour or immediately after work. Second, have the dentist explain the dental treatment to you. Knowledge of the procedure should let you be more relaxed. Third, let your dentist and hygienist know that you're scared. It's nothing to be ashamed of and you're most certainly not their first patient to feel that way. Fourth, understand that times have changed. There are new methods of controlling and eliminating discomfort that weren't available until recently. Don't let dental fears keep you from having a healthy mouth and teeth.



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Christoph Summer
Owner/Administrator

Q: When comparing retirement homes, what extra costs should I expect in the line of care?

A: Retirement home information packages should clearly indicate what care services are included in the basic cost of a room.

Generally included are such things as assistance with a weekly shower, administration of medications and emergency response. Many other services may also be included and this information should be "spelled out".

A list of any extra costs should also be readily available whether you require these services now or "down the road". Some services that may incur added costs included: checking blood sugar levels, giving insulin injections, taking blood pressure, blood tests, assistance with dressing/undressing, grooming help and extra showers. Check to see if there is a choice per service or an hourly fee.

Some residences will also charge per "treatment", a term which should be defined along with the costs.

Remember too, that the Community Care Access Centre (CCAC) can be consulted and some assistance may be provided through this avenue.

In short, ask many questions that pertain to your particular situation now, but also ask for a list of included care added costs so that there are no unpleasant surprises in the future.



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Jenni Veneruz
Owner/ Registered
Physiotherapist

Q: Does exercise really help osteoporosis?

A: It definitely does! Research has shown that weight bearing and muscle strengthening exercises are great for individuals with osteoporosis. These types of exercises help to increase and maintain bone density and reduce fracture risk. In addition, exercising can help to improve balance, which decreases risk of falls.

It is essential to have an exercise program developed specifically for you. With osteoporosis, there are exercises and movements that can put you at a higher risk for fractures. If you are thinking about engaging in an exercise program, seek out a health care professional who has experience working with patients with osteoporosis.